

Why **preventive care** is important



Preventing disease and detecting disease early, if it occurs, are important to living a healthy life. And the better your health, the lower your health care costs are likely to be. Following these guidelines, along with the advice of your doctor, can help you stay healthy. Talk to your doctor about your specific health questions and concerns, and follow his or her recommendations. If you'd like more information on preventive care, visit www.preventiveservices.ahrq.gov.

Guidelines for maintaining your health

Screening: Children ages 0 to 18 years

Age	Screening Test	Frequency
Newborn	Newborn screening (PKU, sickle cell, hemoglobinopathies, hypothyroidism)	During newborn period
	Hearing Screening	Once
Birth-2 months	Head circumference	At each well-child visit
Birth-2 years	Length and weight	At each well-child visit
2-18 years	Height and weight	At each well-child visit
3-4 years	Eye screening	Once
Younger than 5 years	Dental	At each well-child visit

Range of recommended ages

Certain high-risk groups

Recommended immunization schedule for persons aged 0 through 6 years – United States • 2009

For those who fall behind or start late, see the catch-up schedule

Vaccine	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years
Hepatitis B*	HepB	HepB		See footnote	HepB						
Rotavirus*			RV	RV	RV ²						
Diphtheria, Tetanus, Pertussis*			DTaP	DTaP	DTaP	See footnote ³	DTaP				DTaP
Haemophilus influenzae type b*			Hib	Hib	Hib*	Hib					
Pneumococcal*			PCV	PCV	PCV	PCV				PPSV	
Inactivated Poliovirus			IPV	IPV	IPV						IPV
Influenza*					Influenza (yearly)						
Measles, Mumps, Rubella*						MMR			See footnote		MMR
Varicella*						Varicella			See footnote		Varicella
Hepatitis A*						HepA (2 doses)				HepA Series	
Meningococcal*											MCV

* SOURCE: Centers for Disease Control and Prevention, Recommended States, 2009, MMWR 2007;56(51&52):Q1-Q4

Range of recommended ages

Catch-up immunization

Certain high-risk groups

Recommended Immunization Schedule for Persons Aged 7 Through 18 Years – United States • 2009

For those who fall behind or start late, see the catch-up schedule

Vaccine	7-10 years	11-12 years	13-18 years
Tetanus, Diphtheria, Pertussis*	See footnote	Tdap	Tdap
Human Papillomavirus*	See footnote	HPV (3 doses)	HPV (3 doses)
Meningococcal*	MCV		MCV
Influenza*	Influenza (yearly)		
Pneumococcal*	PPSV		
Hepatitis A*	HepA Series		
Hepatitis B*	HepB Series		
Inactivated Poliovirus*	IPV Series		
Measles, Mumps, Rubella*	MMR Series		
Varicella*	Varicella Series		

* SOURCE: Centers for Disease Control and Prevention, Recommended States, 2009, MMWR 2007;56(51&52):Q1-Q4

Counseling: children ages 0-18 years

As your child grows, talk to their doctor about:

- Development
- Nutrition and eating disorders
- Physical activity
- Dental and oral health
- Safety
- Tobacco use
- Alcohol and drug abuse
- Child abuse

* SOURCE: Centers for Disease Control and Prevention, Recommended immunization schedules for persons aged 0-18 years - United States, 2009

Preventive care guidelines: adults over age 18

Range of recommended ages

SCREENING	Years of Age	18	25	30	35	40	45	50	55	60	65	70	75	
Blood Pressure, Height, and Weight		At each preventive visit												
Obesity		At each preventive visit												
Cholesterol									Men: Every 5 years					
									Women: Every 5 years					
Cervical cancer screening		Annually beginning at age 18 or age of sexual activity, and every three years after three consecutive normal tests												
Chlamydia/Gonorrhea														
Mammography								Women: every one to two years						
Colorectal Cancer*								Depends on y\test						
Osteoporosis												Routinely		
Alcohol Use, Depression		At each preventive visit												
Tobacco use		At each preventive visit												
Vision, Hearing												Periodically		
HIV		For those at increased risk												

IMMUNIZATION

Tetanus-Diphtheria (Td/Tdap)		Every 10 years											
Varicella (VZV)		Susceptibles only-two doses											
Measles, Mumps, Rubella (MMR)		All with lack of immunity											
Pneumococcal												One dose	
Influenza											Yearly		
Hepatitis B/Hepatitis A		Persons at risk											
Meningococcal		For certain high-risk groups**											
Human Papillomavirus (HPV)		3 Doses 0,2,6 mo											
Zoster												One dose	

CHEMOPREVENTION

Assess cardiovascular disease risk and discuss aspirin to prevent CVD events								The screening age for Men to 45; Women to 55					
Discuss breast cancer chemoprevention with women at high risk for breast cancer and low risk for adverse effects.								Women: Periodically					
Folic Acid – recommended dosage is 0.4 - 0.8mg daily		Women of childbearing age											

COUNSELING

Promote and support breastfeeding		Women after childbirth											
Tobacco cessation, drug and alcohol use, STDs and HIV, nutrition, physical activity, sun exposure, oral health, injury prevention, and polypharmacy		Periodically											

Upper age limits should be individualized for each patient

* See www.preventiveservices.ahrq.gov for U.S. Preventive Services Task Force recommendations on colorectal cancer screening and other clinical preventive services.

** High risk is defined as adults who have terminal complement deficiencies, had their spleen removed, their spleen does not function or they have medical, occupation, lifestyle or other indications such as college freshmen living in dormitory or other group living conditions.

Individual health plans vary in preventive coverage. Generally, your plan should cover immunizations recommended by the Advisory Committee on Immunization Practices (ACIP) and published by the Centers for Disease Control and Prevention. For complete immunization guidelines, visit www.cdc.gov/nip.



UnitedHealthcare has adopted preventive care guidelines based on the recommendations of the U.S. Preventive Services Task Force (USPSTF). Benefit coverage for individual health services often includes age ranges or frequency of service that are more liberal than those adopted by USPSTF. Individuals with symptoms or at high risk for disease may need additional services or more frequent interventions. Please direct questions to your personal physician. The tables on the preceding pages are only summaries.

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